

# Mindfulness of Moods

## Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



**MindfulnessExercises.com/Mindfulness-Moods**

1. Notice your mood as soon as you awaken each day. What expectation of the day ahead or remnant of time past triggered this mood? Write down your responses to these questions each day in a notebook.

2. Throughout your day keep noticing the mood you are in and keep observing what triggers the mood.

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3. At the end of each day, write down in your notebook the moods you observed and the triggers you noticed.



4. Every week write a one-page summary of what you have learned. Include:

- What patterns you see.
- Which moods are more persistent.
- Which triggers are most common.

5. Be honest, complete, and non-judgmental in your responses.

6. How will you take what you learned from this forward into your life?

